Beyond antibiotics: How to build immunity and prevent infections with food and herbs

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- During the fourth episode of "Off Grid Survival Skills," master herbalist Doug Simons told viewers that high-quality, nutrient-dense foods are the cornerstone of robust health and immunity. He critiqued reliance on pharmaceuticals, advocating instead for a diet rich in natural, whole foods to prevent illness and promote long-term wellness.

- Simons introduced the concept of "boundary medicines" — herbs like garlic, oregano and chaparral that work harmoniously with the body to create a balanced defense against harmful microbes.

- Highlighting the effectiveness of natural remedies, Simons demonstrated how poultices made from plants like prickly pear, clay and plantain can treat burns, infections and even venomous bites.

- Simons shared practical strategies for addressing severe conditions like staph infections and brown recluse spider bites using herbs and poultices. He stressed the importance of rebuilding health through rest, nutrient-rich foods and natural remedies, rather than relying solely on antibiotics, which often fail to address root causes.

- The interview underscores the importance of taking control of one's health by growing medicinal herbs, preparing natural remedies and embracing the healing potential of everyday plants. Simons encourages a shift in mindset, urging people to view their gardens and kitchens as sources of wellness and resilience.

During the fourth episode of "Off Grid Survival Skills" by Marjory Wildcraft, streamed last Feb. 4 on Brighteon University, Doug Simons, a master herbalist with decades of experience treating infections, burns, wounds and more using the power of plants and food, shared profound insights into how diet, herbs and natural remedies can fortify the body against infections and promote lasting health.

"The best medicine is good food," Simons said. "We'll never have high-quality health by consuming poor-quality foods and trying to make up for it with pharmaceuticals or supplements." His message is clear: The foundation of immunity lies in nutrient-dense, high-quality foods. He also introduced the concept of "boundary medicines"—herbs like garlic, oregano and chaparral that create a harmonious barrier against harmful microbes without resorting to the "war mentality" of modern medicine.

"We're not trying to kill all the microbes," Simons explained. "We're creating boundaries, communicating with them and establishing a balanced relationship." This holistic approach not only prevents infections but also strengthens the body's natural defenses, reducing the likelihood of future illnesses.

Simons emphasized the importance of boundary medicines, which include antimicrobial, antiviral and antifungal herbs. Garlic, for instance, is a powerhouse when crushed and exposed to air, releasing allicin, a potent compound that combats infections. Oregano, particularly wild or Mediterranean varieties, is another boundary medicine that can be consumed as a tea or oil to fight infections internally.

"Garlic is a hot medicine," Simons cautioned. "It's powerful, but you don't want to consume it on an empty stomach. Always have water or an apple nearby to soothe any digestive discomfort." He recommends consuming three to seven cloves daily during an infection, depending on the severity.

One of the most fascinating aspects of Simons' approach is his use of poultices — natural compresses made from plants like prickly pear, clay and plantain. These poultices draw out infections, reduce inflammation and speed healing. "Prickly pear is the best poultice for burns, infections and even venomous bites," Simons said. "It's superior to aloe and works wonders for second-degree burns, often healing them in about 10 days."

Simons demonstrated how to prepare a prickly pear poultice, emphasizing the importance of size and consistency. "The poultice must be larger than the wound and at least an inch thick," he explained. "It should stay on for six to eight hours, depending on the condition." For burns, he recommends changing the poultice every six hours to prevent infection and promote healing.

The secret to lasting health isn't in a pill

Simons also shared his methods for treating serious conditions like staph infections and brown recluse spider bites. "Staph infections are a sign that the body is run down," he noted. "To treat them, you need to rebuild your health with high-quality food, rest and herbs like garlic and chaparral." He recommends making a strong chaparral wash to pour over the body and consuming raw garlic to combat the infection internally.

For brown recluse bites, which can cause necrotic tissue damage, Simons relies on poultices to draw out the venom. "A prickly pear poultice, changed every six to eight hours for two to three days, can completely resolve the bite," he said. "It's far more effective than antibiotics, which don't address the venom itself."

As antibiotic resistance continues to rise, Simons' insights offer a hopeful alternative. "The secret to lasting health isn't in a pill," he concluded. "It's on your plate and in the herbs you grow. By embracing these natural remedies, we can build a stronger, more resilient body and a healthier future."

Throughout the interview, Simons stressed the importance of diet in preventing and treating infections. "The healthier we are, the fewer infections we get, and the less severe they are," he said. He advocates for green powders made from nutrient-rich plants like nettles, which can be consumed daily to boost immunity. "High-quality green energy is one of the most powerful things you can put in your body during a stress state," he added.

Simons' message is one of empowerment and simplicity. "These methods are not difficult, but they require a shift in perspective," he said. "We need to take responsibility for our health

and work with our bodies, not against them." He encourages people to grow their own herbs, learn to make poultices and build a relationship with the plants that heal.

If you want to learn more about the essential skills Wildcraft has gathered for you, purchase your copy of the "Off Grid Survival Skills" bundle here. You will get a copy of the videos from all 10 episodes, 29 life-saving video bonuses, 21 exclusive eBooks and and a physical copy of Wildcraft's "The Grow Book System," which will be delivered directly at your doorstep.

Sources include:

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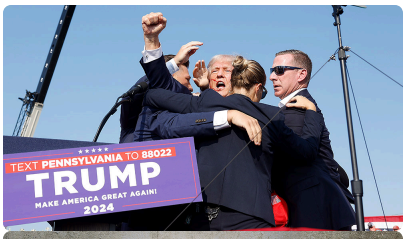

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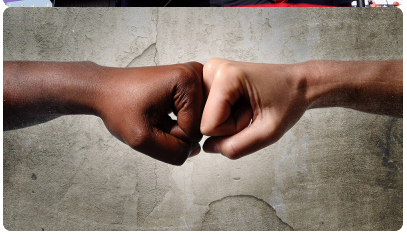

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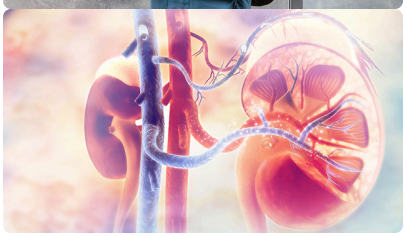

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